PERSONAL
collection

Designed by Antonio Citterio

TECHNOGYM®
The Wellness Company

Personal Collection.

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Run Personal.

INTERNATIONAL DESIGN EXCELLENCE AWARDS '12 FINALIST

reddot design award honourable mention 2010

Run Personal represents the state of the art for anyone seeking a professional cardio exercise experience and highly engaging multi-media entertainment.

The perfect synthesis of cutting edge technology, inimitable design and highly innovative materials, this item is ideal for the home, a hotel, spa and all environments dedicated to wellness.

RECOMMENDED FOR:

IMPROVING THE CARDIO-RESPIRATORY SYSTEM

WEIGHT LOSS AND MAINTAINING BODY WEIGHT

STRENGTHENING AND TONING LEGS

COMBATING STRESS BY EXERCISING BODY AND MIND

FOR BEGINNERS AND EXPERIENCED USERS

Designed by Antonio Citterio - Assistant Toan Nguyen

Product pluses:

Maximum fun and user-friendliness

Exercising and the many entertainment options are controlled using the VISIOWEB digital platform, for easy, absorbing exercising.

Design and functionality

19" touch-screen tempered glass integrated display, polished aluminium frame and soft-touch plastics for optimum grip on the side handles.

Performance and safety

Central support handle, large running surface with shock absorbers and joystick for regulating speed and gradient without moving away from the exercising position. Runner Detection Function stop system, for stopping when not in use and emergency STOP button.

Discover all of the details of Run Personal with the 360° Virtual Tour.
www.technogym.com/RunPersonal

Technical specifications

Dimensions (W x L x H) in cm 80 x 201 x 147
Dimensions (W x L x H) in in 31" x 79" x 58"
Equipment weight: (Kg) 164 (lbs) 362
Running surface (W x L) in cm 51 x 145 (W x L) in in 20 x 57
Running surface height above ground (cm) 20 (in) 8"
Speed (Km/h): from 0.4 to 18 (Mph) 0.2 - 11.2
Gradient (%): from 0 to 15
Power supply (VAC): up to 180 - 265
Motor power (HP): 6.0 (AC)
Max. power consumption (VA): 2200
Max. user height (cm): 210 (in) 6' 9"
Max. user weight (Kg): 150 (lbs) 331
Number of programmes: 16
Training programmes: Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6),Custom Speed, Custom Pace, Interval Training, Training Zone, Weight Loss
Test: Fitness Test
Goal Training: Time, Calories, Distance
Heart rate monitoring: Hand Sensor, Telemetry.
Standard functions and accessories: VISIOWEB, Fast Track Control, Goal Oriented Display, Calorie Coach, Long Life Deck, Runner Detection System, Plug&Play System, Real Time Speed Control, Language Selection, Telemetric heart rate monitor, User manual and Maintenance kit

Recline Personal.

INTERNATIONAL DESIGN EXCELLENCE AWARDS '11 BRONZE

reddot design award best of the best 2012

product design award 2013

Recline Personal is the latest in a line of personal exercise equipment that takes fitness to a whole new level. It's the first to offer Visioweb, a multimedia interface, that allows you to read e-mails, navigate the web, reach your Facebook page directly on its 15.6-inch screen. So it virtually eliminates any excuse that you're too busy to work out.

The ergonomic adjustable seat designed by Vitra, the furniture company renowned worldwide for its cutting-edge design solutions, also ensures that correct posture is maintained, without tiring the back muscles. This remarkable machine integrates performance and style, biomechanical excellence and innovation. In short, the perfect balance of shape, color and innovative materials.

RECOMMENDED FOR:

IMPROVING THE CARDIO-RESPIRATORY SYSTEM

WEIGHT LOSS AND MAINTAINING BODY WEIGHT

STRENGTHENING AND TONING LEGS

COMBATING STRESS BY EXERCISING BODY AND MIND

FOR BEGINNERS AND EXPERIENCED USERS

Product pluses:

Maximum fun and user-friendliness
Exercising and the many entertainment options are controlled using the VISIOWEB digital platform, for easy, absorbing exercising.

Design and functionality
15.6" touch-screen tempered glass integrated display, polished aluminium frame and soft-touch plastics for optimum grip on the side handles.

Technical specifications

Dimensions (W x L x H) in cm 57 x 143 x 138
Dimensions (W x L x H) in in 22" x 56" x 54"
Equipment weight: (Kg) 85 (lbs) 187
Level of difficulty: from 1 to 12
Resistance: from 40 to 500 (at 70 RPM)
Power supply (VAC): up to 90 - 264
Max. power consumption (VA): 50
Max. user weight (Kg): 150 (lbs) 330
Number of programmes: 20
Training programmes: Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable)
Test: Fitness Test
Goal Training: Time, Calories, Distance
Heart rate monitoring: Hand Sensor, Telemetry.
Standard functions and accessories: Telemetric heart rate monitor, User manual and Maintenance kit

Kinesis Personal.

reddot design award winner 2007

Kinesis Personal is the first piece of designer gym furniture for the home and environments dedicated to people's psychophysical wellbeing.

It marks a return to the origins of human movement because it rediscovers fundamental motor abilities: resistance, balance, strength and flexibility.

WITH KINESIS PERSONAL IMPROVE:

STRENGTH

STAMINA

FLEXIBILITY

POSTURE CONTROL

BREATHING CONTROL

Designed by Antonio Citterio - Assistant Toan Nguyen

Product pluses:

Quiet and safe

The resistance applied is regulated by a sophisticated, technological and patented innovation, whereby a system of forces gradually and smoothly increases the resistance in total safety.

Ergonomic

The monococque arms - fine polished aluminium alloy, supporting the cables - are the product of Technogym's technological expertise. Each arm has three rotating pulleys that the cable slides through during outward and return movements.
The comfortable handgrip is magnetic and, when in the rest position, can be attached to the rotating pulleys.

FullGravity

Now movement knows no limits thanks to Technogym's international patent. The pivoting pulley system provides a smooth range of movements in all dimensions.

Display

The workload can be selected with one touch using the stylish and minimal interface. You simply rotate the setting located in the middle of the wall to display the resistance level (0-20) on the Soft Touch Digital Display.

Technical specifications

Dimensions (W x L x H) in cm 170 x 45 x 210 (closed)
170 x 115 x 210 (during operation)
(W x L x H) in in 67" x 18" x 83" (closed)
67" x 45" x 83" (during operation)
Length: (cm) 115 (in) 45"
Minimum frontage required for use: (m) 2 (in) 79"
Equipment weight:
(Kg) 230 (Heritage) 280 (Vision)
(lbs) 507 (Heritage) 617 (Vision)
Resistance levels: from 0 to 20
Power supply (VAC): 110 - 220
Standard functions and accessories: Wellness Ball, 2 x Revolving Attachments, 2 x Ankle straps, Exercise and Wellness Life Style DVD, User manual, Exercise manual

Personal Collection

Kinesis Personal. **Vision**

The VISION Version wall is made of three steel panels applied to a rigid structural support which reflect the mirror image without distortion.
The mirror effect allows an immediate posture check while exercising.

Kinesis Personal. **Heritage Black**

The covering panel is made of wood treated with a special paint to make it unalterable with the passage of time and to give the surface an attractive leather look. The American oak wall bars are selected individually by craftsmen who assess their quality.

Kinesis Personal. **Heritage Gold**

The GOLD Version panel is made of wood covered with sheets of gold colour leaf, applied by hand using a craft technique. The gilding process takes 60 hours and makes the product a “Limited Edition”.

Kinesis Personal. **Heritage Cream**

The CREAM Version panel is treated with a special paint for a leather effect.
The surface is smooth and velvety to the touch.
The cream colour makes the product particularly elegant and fashionable.

Kinesis Personal. **Leather**

The surface of the panel is made of full grain leather, carefully selected and applied by hand by craftsmen. The angled stitching is also by craftsmen and particular attention is paid to details and to leather joins.

Cross Personal.

Cross Personal is the first total body elliptical trainer with an integrated personal entertainment platform.

Thanks to its silent operation, whoever is using Cross Personal will fully appreciate the wrap-around quality of the hi-fi speaker sound.

RECOMMENDED FOR:

SLIMMING AND WEIGHT CONTROL

TOTAL BODY WORKOUTS

EXERCISING WITHOUT PLACING JOINTS UNDER STRESS

Product pluses

Silent fluid movements

The technology behind the braking system is based on a special electromagnetic device which ensures Cross Personal operates in a completely smooth fashion, making for a comfortable noiseless home environment. It's so quiet, you just train to the sound of your breath.

Perfectly safe training

Thanks to the telemetric band or the Hand Sensors, which constantly monitor your heartbeat, each workout can be conducted in an ideal fashion, in line with your objectives and in total safety.

Entertainment and controls close at hand

Together with the VISIOWEB personal entertainment platform, the tweeters positioned in the upper handles and treble speakers located in the machine main body deliver a stunning Dolby Surround audio effect, adding more rhythm to your stride. Ergonomic Fast Track Control levers allow for exercise intensity adjustments without abandoning the correct exercise position.

Technical specifications

Dimensions (W x L x H) in cm 69 x 194 x 176
Dimensions (W x L x H) in in 28" x 76" x 69"
Equipment weight: (Kg) 145 (lbs) 320
Level of difficulty: from 1 to 25
Resistance: from 40 to 400 (at 70 SPM)
Power supply (VAC): up to 100 - 240 VAC
Max. power consumption (VA): 160
Max. user weight (Kg): 160 (lbs) 352
Number of programmes: 20
Training programmes: Quick Start, Goals (Time; Distance; Calories), CPR, Profiles (6 preset, 9 customisable)
Test: Fitness Test
Goal Training: Time, Calories, Distance
Heart rate monitoring: Hand Sensor, Telemetry.
Standard functions and accessories: Earphones, Telemetric heart rate monitor (CPR), User manual and Maintenance kit

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For information and purchases, or to request the complete Wellness Collection catalogue, visit **www.technogym.com**

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The Wellness Company